

About the Artist: Amanda Panda – Hula Hoop Circus

Entertainer, author, and entrepreneur, Amanda Panda, will leave you smiling with her bright colours and exceptional talent. Larger than life and a natural kid magnet, this multi-talented artist has been sharing her journey and skills using a growth mindset approach for over a decade. Amanda's the author of a children's book that inspires following your dreams and has shared her circus story across Canada both in person and virtually. Her business, Hula Hoop Circus, is where education meets entertainment by providing circus performances and workshops to encourage discovery learning and self-confidence. Nominated as Canada's Top Hula Hooper and Most Influential Canadian Flow Artist in the 2019 CanSpin Awards, Amanda inspires people of all ages to work hard, play hard, and dream big!

About the Performance**Show Details:****Shine Your Light (Grades K – 12)**

Length: Approximately 45 minutes + Q&A

Success begins with believing you can! Amanda Panda gets students excited about trying new things, setting goals, embracing their talents, and shining their unique light in the world. A solo performance to inspire passion, play and perseverance while showcasing a variety of creative athletic feats involving hula hoops, juggling, spinning plates and humor. Amanda Panda playfully engages students and staff with her skills to motivate and empower students to believe in themselves, embrace their potential and pursue their passions, while aiming to make a positive impact in their lives and the world around them. During the show Amanda shares how perseverance and using a growth mindset helped her succeed in her dream of becoming a professional hula hooper. She also talks about the process and obstacles she overcame while publishing her book.

Audience Expectations:

- The audience will be expected to stay seated for the duration of the show, unless asked to assist.
- They are encouraged to follow along with audience participation prompts, raise hands to answer questions, and are free to laugh and applaud throughout the show.

Technical Requirements:*Performance Space:*

- A large flat surface a minimum of 20' wide 12' deep
- 1 outlet near performance space
- Use of a projector for the book reading **optional**

Set Up:

- 1 hour prior to the audience arriving for the show
- Preferred not to have students in the gym during set up and take down

Tear Down:

- 30 minutes following the audience leaving

Website: www.hulahoopcircus.ca

About the Art Form	
<p>Circus: A circus is typically a company of performers who put on diverse entertainment shows including clowning, acrobatics and more. In this one-woman circus Amanda Panda shares a variety of circus skills involving hula hoops, juggling and spinning plates.</p> <p>Hula Hooping: Artistic movements, dancing, or fitness with a hula hoop. This modern style of hula hooping combines technical moves and tricks with dancing. Hoops are usually handmade and are larger than store bought hoops.</p> <p>Themes: Motivation and Goal Setting, Trying New Things, Finding your Passion, Dreaming Big, Physical Activity, Self-Confidence, Skill Building, Perseverance, Learning from Your Mistakes, Benefits of a Growth Mindset, Finding your Strengths</p> <p>Message: Encouraging students to set goals, believe in themselves, develop a growth mindset, and work hard to achieve their dreams. The power of perseverance and encouragement in overcoming obstacles.</p>	
Links to Curriculum	Pre-Performance Discussion Questions
<p>Applies to English Language Arts</p> <ul style="list-style-type: none"> Literacy & Reading: Promoting the joy of reading The opportunity to hear from a self-published author about the process, obstacles, and successes of writing a book. <p>Applies to Physical and Health Education</p> <ul style="list-style-type: none"> Health & Wellness: exposure to a unique type of physical activity. Inspiring children to be active for life. <p>Applies to Career Education</p> <ul style="list-style-type: none"> Students are able to witness a female entrepreneur making a career within the arts. Students are encouraged to appreciate their own personal skills, interests, strengths and accomplishments. Motivation and Goal Setting 	<ul style="list-style-type: none"> What is your dream or aspiration? What would you love to do or be when you grow up? What are some skills or strengths that you are proud of? How do they contribute to your personal development? What are some goals you have for yourself, whether academic, personal, or career-related?

Post-Performance Activities	Post-Performance Discussion Questions
<p>Each elementary school will receive a copy of Amanda’s picture book, activity book, and L.A. lesson plan.</p> <p>(K-3)</p> <ul style="list-style-type: none"> Read Amanda’s Book: <i>Mandi the Clown and the Hula Hoop Circus</i>, discuss book theme and main character. Complete the Hula Hoop Circus activity book which includes colouring sheets, word search, crossword puzzle and more. Students can complete a 1-week pre-designed Language Arts lesson plan to go along with the book. <p style="text-align: center;">(Grades 4-12)</p> <p>Dream Collage: Ask students to create a collage that represents their dreams and goals. This can be done with magazines, scissors, and glue, or done virtually on programs such as Canva.</p> <p>Goal-Setting Activity: Guide students in setting short-term and long-term goals based on their dreams. Encourage them to create action plans and break down their goals into smaller, achievable steps. They can present their goals to the class and discuss strategies for achieving them.</p>	<ul style="list-style-type: none"> How do you think following your dreams can make a positive impact on your life and the lives of others? What are some steps you can take right now to start moving towards your dream? What are some growth mindset statements to encourage perseverance when facing challenges or learning something new? <p><i>If you require any of the K-3 material, please email Amanda at fun@hulahoopcircus.ca</i></p>